## For more information or any questions, please call 413-587-1228

## February 2015

All events are held at the Northampton Senior

Lisa Steinboch, RN **Public Health Nurse,** Tues. Feb. 10 & Thurs., Feb. 12 from 10 - 11 Wed., Feb. 18 from 10 - 12

	13-367-1226		] Center	67 Conz St. unless otherwise noted				
Caregiver support group Tues.,	Scarf Party Monday, Feb. 9t 1:00 pm	Tai C h Thurso 2:45 - 3	lays	Film Noir Fri. Feb. 13th to Apr.10th 1:00 pm	Soups with Sherry Fri. Feb. 20th 10:00 am	Valentine Pancake Breakfast Friday, Feb. 13 8:30 - 10:00 am	Emotions, Expecta- tions, Investing	
March 3rd	Tuesdays 9:30	)-10: <del>45am</del>		onversation: Enjoy conversation an	d a complimentary of	up of coffee or tea	Tuesday,	
10:00 amCall	Tuesdays 1:00	pm - 3:00 pm		th Help Fund: Referrals only		-	Feb. 10th	
413-455-1936		) - 3:00pm		Counseling, Medicare and Medicai			1:30 pm	
ext. 104	,	)-3:30pm		.50 cents a card with cash prizes. S			_	
to register	Fridays 1:00	)-2:30pm	Senior	Gay Men Drop-In Group: No fee,	no registration. Wal	lk-ins welcome.		
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Mon.         Feb. 2 - Fri. Feb. 27         815 - 400         Art Exhibit: Elizabeth (Liz) Hamilton displays her photography which comes from the gift of nature and interesting subjects in her surroundings.           Tues.         Feb. 3         10:00 am 12:00 pm PYTA Photo ID : For disabled and senior citizens with documentation. Fee 5 1.00.           Wed.         Feb. 4, 11, 18.25         10:00 pm         PTP Fee Blood Pressure Clinic Islood pressure screenings provided by Cooley-Dickinson nurses. Walk-ins welcome. Open to all Seniors.           Wed.         Feb. 4, 11, 18.25         10:00 pm         Feb. 4 (20 pm - 900 pm         Feb. 5 (20 pm - 900 pm         Feb. 5 (24 pm of the East Appointments' Assistance with Veteran's Benefits Appointments' Assistance with Veteran's Benefits Appointments and place.         Feb. 6 (20 pm - 900 pm         Feb. 9 (24 pm of the Park Appointments' Ap		Please not	te that programs, a	lates, and times may change or be cancelled and fees may be changed without notice.
Tues.         Feb. 3         10:00 am1-12:00 pm PYTA Phôto IĎ : For disabled and senior citizens with documentation. Fee St. 10.0           Wed.         Feb. 4.25         12:15 pm         Pree Bload Pressure Clinic Blood pressure screenings provided by Cooley-Dickinson nurses.           Wed.         Feb. 4.25         12:15 pm         Pree Bload Pressure Clinic Blood pressure screenings provided by Cooley-Dickinson nurses.           Wed.         Feb. 4.25         12:15 pm         Pree Bload Pressure Clinic Blood pressure screenings provided by Cooley-Dickinson nurses.           Wed.         Feb. 4.25         12:15 pm         Pree Bload Pressure Clinic Blood pressure screenings provided by Cooley-Dickinson nurses.           Wed.         Feb. 4.25         10:00 pm         Trimelas Turnes.         Feb on the Pressure Screening provided pressure screenings provided by Cooley-Dickinson nurses.           Times.         Feb. 5         24-5 pm         Trimelas Turnes.         Trimela	Mon.	Feb. 2 - Fri. Feb. 27	8:15 - 4:00	
Yues.         Feb. 3         10:00 am-12:00 pm Free Blood Pressure Clinics Blood pressure screenings provided by Coope-Dickinson nurses. Walk-ins wecknee. Open to all Seniors.         Web.         Feb. 4.25         12:15 pm         Welk-ins wecknee. Open to all Seniors.         Wet with Vall Seniors.         Veteran's Benefits Appointments: Assistance with Veteran's Compensation and Pension benefits with Fall New Long.           Wed.         Feb. 4         7:00 pm - 9:00 pm         Timeless Tunes - Come sing with us through the years. Bring your voice Call 413-587-1228 for time           Thurs.         Feb. 5         2:45 pm         Tal Chi Class - John ten ever in a clinic sense in which will be some sense in the class will include learning the postures of the Cheng form as well as some easy exercises to enhance alignment and balance. Fee: \$40/month for Northampton seniors 60 and older, \$45 for non-residents and those age \$5-59. Register at the Senior Center Northampton seniors 60 and older, \$45 for non-residents and those age \$5-59. Register at the Senior Center Northampton seniors 60 and older, \$45 for non-residents and those age \$5-59. Register at the Senior Center Northampton seniors 60 and older, \$45 for non-residents and those age \$5-59. Register at the Senior Center and Photography Club meeting: Ceme meet other camera enthusiasts and learn what is going on in the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5.yr for residents \$10.0 yr on the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5.yr for residents \$10.0 yr on the camera world in our area. Meets the first (1st) Friday of the month. Dues are \$5.yr for residents \$10.0 yr on the policient of the policient was an experiment of the policient was an experiment of the policient was an exper	Tues	Feh 3	10:00 am-12:00 nm	
Wed.         Feb. 4.25         12:15 pm         Veteran's Benefits Appointments: Assistance with Veteran's Compensation and Pension benefits with Paul Newlle.           Wed.         Feb. 4.11,18.25         1:00 pm         Timeless Tunes - Come sing with us through the years. Bring your voice Call 413-587-1228 for time and place           Thurs.         Feb. 5         2:45 pm         Group Sing - For those 50 and over who love to sing no matter if you feel you can or cannot. Come join us and sing along to songs from different genres and eras. No cost, just bring your voice.           Fri.         Feb. 6         2:45 pm         Time leaving from as well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for the Cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for machine and the cheng formas well as some easy exercises to enhance alignment and balance. Fee S40/month for machine and formation.           Firi.         Feb. 9         1:30 pm			10:00 am-12:00 pm	n Free Blood Pressure Clinic: Blood pressure screenings provided by Cooley-Dickinson nurses.
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Thurs.Feb. 1210:00 amBrown Bag: Eligible participants MUST pick up their bags by 11:00 am. Bags cannot be held. Numbers will be distributed beginning at 9:30 am. Call the Food Bank at 413-247-9738 for applications and information.Thurs.Feb. 121:00 - 3:00 pmReaders & Thinkers - Meets the second (2nd) Thursday of each month.Thurs.Feb. 121:30 pmNCOA Board Meeting - Open to the publicFri.Feb. 138:30 - 10:30 amValentine Pancake Breakfast - Join us for a wonderful pancake breakfast. Tickets are \$3.00 for Seniors with a scan card and \$5.00 for all others. The proceeds will go to the "Kick the Tires" new van campaign for the Senior Center. This event is open to the public. No tickets sold at the door.Fri.Feb. 1310:00 amSNAP - Assistance through the Food Bank of Western MA at 1-800-247-9632 for an appointmentFilm Noir - Beginning Feb. 13 throughApr. 10 - Recently retired Prof. Thomas Schieding leads a course in film noir, often referred to as "psychological thrillers" by American Studios and later recognized by French film critics as dark film (film noir). Dark, cynical, depressing and made on low budgets in B studios, these films explored the tension between our hidden desires and society. Meets weekly. The fee is \$80 for seniors age 55 and older.Mon.Feb. 168:15 - 4:0The Senior Center will be closed in observance of the President's Day HolidayTues.Feb. 189:30 amFoot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00Fri.Feb. 189:30 amFoot Care Clinic with Dr. Coby: By appointment. Fee. \$25.00Fri.Feb. 2010:00 amFoot Care Clinic with Dr. Coby: By appointment. Fee. \$20.00 or non-residents and those age	Tues.	Feb. 10	1:30 pm	will you react to changing market conditions and what effects could your actions have on financial results? Christopher Casale has spent the past 32 years in the Banking & Financial Industry. He works with clients helping them to reach their financial goals. For seniors age 55 and older. No cost. Call the Senior Center at
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	Mon.	Feb. 23	1:30 pm	Monday Movie Madness - "And So It Goes" - Starring Diane Keaton and Michael Douglas - A realtor's plans for retirement are thwarted when he's left to care for a granddaughter he didn't know existed and the

Support the Senior Center by contributing to the New Van Campaign! Every contribution is greatly needed and appreciated.

Corned Beef & Cabbage Dinner -Sunday, March 15, 2015 Tickets: \$10.00 per person. Public is welcome!

Please note that programs, dates, and times may change or be cancelled and fees may be changed without notice.			February website: www.northampton	•			nore information call 413-587-1228
Monda	y February 2	Monda	v February 9	1:00	Gentle Chair Yoga		
8:20	Dynamic Fitness DVD	8:20	Dynamic Fitness DVD	1:00	Contract Bridge	Monda	<u>y February 23</u>
9:30	Low Impact 1	9:30	Low Impact 1	1:00	Senior Gay Men's Drop-	8:20	Dynamic Fitness DVD
10:30	Creative Writing	10:30	Creative Writing		in Group	9:30	Low Impact 1
10:30	Low impact 2	10:30	Low impact 2	2:45	Yoga	10:30	Creative Writing
11:00	Computer Tutor	11:00	Computer Tutor	1		10:30	Low impact 2
12:15	Massage Clinic: On	12:15	Massage Clinic on	Monda	y February 16	11:00	Computer Tutor
1 00	winter break	1.00	winter break	Closed	for President's Day	12:15	Massage Clinic on
1:00	NeedleWorkshop	1:00	Scarf Party*	m ,	E 1 17	1.00	winter break
T d	Eab 2	1:00	NeedleWorkshop		y February 17	1:00	NeedleWorkshop
	y February 3	2:30	Cooking with Calvin	8:45	Strength & Stretch	1:30	Monday Movie
8:45 9:30	Strength & Stretch Cup of Conversation	Tuesde	v February 10	9:00 9:30	PC one-on-one by appt Cup of Conversation		Madness: "And So It Goes"
10:00	Stretch & Tone*	8:45	Strength & Stretch	10:00	Stretch & Tone*		does
10:00	PVTA Photo ID	9:30	Cup of Conversation	10:00	Walking Group	Tuesda	v February 24
10:00	Blood Pressure Clinic	10:00	Stretch & Tone*	11:30	PC one-on-one by appt	8:45	Strength & Stretch
11:30	PC one-on-one by appt	10:00	Writing Your Life Story	12:30	Sewing Workshop	9:00	PC one-on-one by appt
12:30	Sewing Workshop: End	10:00	Walking Group	1:00	Interfaith Help Fund	9:30	Cup of Conversation
12.50	of Session Four	11:30	PC one-on-one by appt	5:00	Commission on	10:00	Stretch & Tone*
1:00	Interfaith Help Fund	12:30	Sewing Workshop:	] 3.00	Disability	10:00	Walking Group
7:15	Evening Yoga	-2.50	Beginning of Session	7:15	Evening Yoga	11:30	PC one-on-one by appt
			Five	'	_,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	12:30	Sewing Workshop
Wednes	sday February 4	1:00	Interfaith Help Fund	Wedne	sday February 18	1:00	Interfaith Help Fund
8:20	Dynamic Fitness DVD	1:30	Emotions, Expectations	8:20	Dynamic Fitness DVD	7:15	Evening Yoga
9:00	Beginning Digital		& Investing*	9:00	Beginning Digital		8 8
	Photography	7:15	Evening Yoga		Photography	Wedne	sday February 25
9:30	Low Impact 1			9:30	Low Impact 1	8:20	Dynamic Fitness DVD
10:30	Low impact 2		sday February 11	9:30	Foot Care Clinic	9:00	Beginning Digital
11:00	Int/Advanced Digital	8:20	Dynamic Fitness DVD	10:30	Low impact 2		Photography: Beginning
	Photography	9:00	Beginning Digital	11:00	Int/Advanced Digital		of New Session
11:30	PC one-on-one by appt		Photography		Photography	9:30	Low Impact 1
11:30	Beginner Tap*	9:30	Low Impact 1	11:30	Beginner Tap	10:30	Low impact 2
12:00	Low Vision: On Winter	10:30	Low impact 2	11:30	PC one-on-one by appt	11:00	Int/Advanced Digital
	Break	11:00	Int/Advanced Digital	12:30	Cribbage		Photography: Beginning
12:15	Veteran's Benefits	11.20	Photography	1:00	Scrabble	1	of New Session
10.00	Services	11:30	Beginner Tap*	1:00	Timeless Tunes	11:30	Beginner Tap*
12:30	Zumba Gold*	11:30	PC one-on-one by appt	2:45	Feldenkrais	11:30	PC one-on-one by appt
12:30	Cribbage	12:30	Zumba Gold*	701	l E-b 10	12:15	Veteran's Benefits
1:00	Scrabble Timeless Tunes Lathren	12:30	Cribbage		lay February 19	12.20	Services
1:00 7:00	Timeless Tunes-Lathrop	1:00	Scrabble Timeless Tunes - Calvin	8:45	Strength & Stretch	12:30 12:30	Zumba Gold*
7.00	Group Sing	1.00	Coolidge	10:00 10:00	Stretch & Tone* Wisdom Project	1:00	Cribbage Scrabble
Thured	av February 5	2:45	Feldenkrais	10:00	Walking Group	1:00	Timeless Tunes
8:45	Strength & Stretch	2.43	reidelikrais	11:30	PC one-on-one by appt	2:45	Feldenkrais
10:00	Stretch & Tone*	Thursd	lay February 12	11:30	3rd year tap	2.73	i cidenkiais
10:00	Wisdom Project	8:45	Strength & Stretch	12:30	2nd year tap	Thursd	ay February 26
10:00	Walking Group	10:00	Brown Bag	12:30	SHINE- By appt only	8:45	Strength & Stretch
11:30	PC one-on-one by appt	10:00	Stretch & Tone*	1:00	Mahjongg	10:00	Stretch & Tone*
11:30	3rd year tap	10:00	Wisdom Project	1:30	Sock Knitting	10:00	Wisdom Project
12:30	2nd year tap	10:00	Walking Group	1:30	Intermediate Tap	10:00	Walking Group
12:30	SHINE- By appt.only	11:30	PC one-on-one by appt	1:30	BINGO	11:30	PC one-on-one by appt
1:00	Mahjongg	11:30	3rd year tap	2:45	Tai Chi*	11:30	3rd year tap
1:30	Intermediate Tap	12:30	2nd year tap	1		12:30	2nd year tap
1:30	BINGO	12:30	SHINE- By appt only		February 20	12:30	SHINE- By appt only
2:45	Tai Chi*	1:00	Mahjongg	8:20	Dynamic Fitness DVD	1:00	Mahjongg
		1:00	Readers & Thinkers	9:00	PC one-on-one by appt	1:30	Intermediate Tap
	February 6	1:30	NCOA Board Meeting	9:30	Low Impact 1	1:30	BINGO
8:20	Dynamic Fitness DVD	1:30	Intermediate Tap	10:00	Soups with Sherry*	2:45	Tai Chi*
9:30	Low Impact 1	1:30	BINGO	10:00	SNAP		
10:30	Low impact 2	2:45	Tai Chi*	10:30	Low impact 2		February 27
10:30	Nutritional Outreach			10:30	Nutritional Outreach	8:20	Dynamic Fitness DVD
	Program		February 13	1	Program	9:00	PC one-on-one by appt
11:30	PC one-on-one by appt	8:20	Dynamic Fitness DVD	11:30	PC one-on-one by appt	9:30	Low Impact 1
12:30	Open Senior Bowling at	8:30	Valentine Pancake	12:30	Open Senior Bowling at	10:30	Low impact 2
1.00	Canal Lanes	0.00	Breakfast	1 00	Canal Lanes	11:30	PC one-on-one by appt
1:00	Photo Club	9:00	PC one-on-one by appt	1:00	Film Noir*	12:30	Open Senior Bowling a
1:00	Gentle Chair Yoga	9:30	Low Impact 1	1:00	Gentle Chair Yoga	1.00	Canal Lanes
1:00	Contract Bridge	10:00	SNAP – appt. only	1:00	Contract Bridge	1:00	Film Noir*
1:00	Senior Gay Men's Drop- in Group	10:30	Low impact 2	1:00	Senior Gay Men's Drop-	1:00	Gentle Chair Yoga
	III CHOID	11:30	PC one-on-one by appt	1	in Group	1:00	Contract Bridge
1.20			Onen Comian Danii	1.20			Conton Cont Marrie 1
1:30	Chess	12:30	Open Senior Bowling at	1:30	Chess	1:00	Senior Gay Men's Drop
1:30 2:45			Open Senior Bowling at Canal Lanes Film Noir*	1:30 2:45	Yoga	2:45	Senior Gay Men's Drop in Group Yoga